



- **Master Resilience Training**

- Curriculum developed ICW the University of Pennsylvania
- Develops critical thinking, knowledge, and skills to overcome challenges, mature, and bounce back from adversity

- **Master Resilience Trainers**

- Attend 10 day residence course
- Receive 8R Army Skill Identifier (ASI)
- Teach resilience skills to unit personnel and their Families
- MRTs will be at the Unit and Installation level

- **Resilience Training Assistant (RTA)**

- Attend a 3-4 day unit training by certified MRT
- Use the CSF approved 24 hour POI

- Support MRT training at unit level down to PIT



# Core Resilience Skills by Teaching Block

Block of Instruction	Content	Total Delivery Time
1	Resilience and MRT Competencies overview	90 min
2	Hunt the Good Stuff	30 min
3	Activating Event, Thoughts, Consequences Model	180 min
4	Avoid Thinking Traps	120 min
5	Detecting Icebergs	120 min
6	Energy Management	60 min
7	Problem Solving	120 min
8	Put It In Perspective	90 min
9	Real Time Resilience	150 min
10	Identify Strengths in Self and Others	150 min
11	Using Strengths in Challenges	150 min
12	Assertive Communication	150 min
13	Active Constructive Responding and Praise	210 min



# COMPREHENSIVE SOLDIER FITNESS

STRONG MINDS ★ STRONG BODIES

## Resilience Skills by 1 hr Block (Modules 1 and 2)

### **Module One: Resilience**

Resilience and MRT Competencies (1 of 2)

Resilience and MRT Competencies (2 of 2)

Hunt the Good Stuff (1 of 1)

**Total time: 2 hours**

1 hour

30 minutes

30 minutes

### **Module Two: Building Mental Toughness**

ATC Model (1 of 3)

ATC Model (2 of 3)

ATC Model (3 of 3)

Avoid Thinking Traps (1 of 2)

Avoid Thinking Traps (2 of 2)

Detect Icebergs (1 of 2)

Detect Icebergs (2 of 2)

Energy Management (1 of 1)

Problem Solving (1 of 2)

Problem Solving (2 of 2)

Put It In Perspective (1 of 2)

Put It In Perspective (2 of 2)

Real-time Resilience (1 of 2)

Real-time Resilience (2 of 2)

**Total time: 14 hours**

1 hour

1 hour

1 hour

1 hour

1 hour

1 hour

1 hour

1 hour

1 hour

1 hour

1 hour

1 hour

1 hour

1 hour



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## Resilience Skills by 1 hr Block (Modules 3, 4 and Wrap Up)

### **Module Three: Building Character Strengths**

**Total time: 4 hours**

Identify Strengths (1 of 2)	1 hour
Identify Strengths (2 of 2)	1 hour
Use Strengths in Challenges (1 of 2)	1 hour
Use Strengths in Challenges (1 of 2)	1 hour

### **Module Four: Building Strong Relationships**

**Total time: 4 hours**

Assertive Communication (1 of 2)	1 hour
Assertive Communication (2 of 2)	1 hour
ACR and Praise (1 of 2)	1 hour
ACR and Praise (1 of 2)	1 hour

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### **MRT Course (all twenty-six blocks combined)**

**Total time: 24 hours**